

Claims: I claim:

Claims 1-23 (previously cancelled)

Claims 24-25 (previously amended)

Claims 42-63 (previously withdrawn)

24. (Previously presented.) An orally administered nutritional supplement for ingestion by mammals containing at least 7 grams of fiber per serving comprising a mixture guar, oat, and psyllium fibers plus at least one flavoring agent.

25. (Previously presented.) The nutritional supplement according to claim 24 wherein said mixture comprises 1-15 grams of guar, 1-15 grams of oat, and 0.5-10 grams of psyllium.

26. (Currently amended.) The nutritional supplement according to claim 24 wherein composition is selected from further including at least one ingredient admixed to said supplement to create an edible food product selected from the group consisting of liquids food products, semisolids food products, and solids food products.

27. (Currently amended.) The nutritional supplement according to claim 24 further including at least one edible fiber, s selected from the group consisting of soluble, partially soluble, and insoluble fibers.

28. (Currently amended.) The nutritional supplement according to claim 24 in which at least one edible liquid selected from the group of liquids consisting of zero calorie and calorie containing liquids is admixed in sufficient quantity to create at least an 8 ounce beverage, selected from the group consisting of zero calorie and calorie containing beverages.

29. (Currently amended.) The nutritional supplement according to claim 24 wherein the composition is further including at least one ingredient admixed to form an edible food product selected from the group of solid and semisolid food products consisting of powders, puddings, and snack bars, wafers and dog bones.
30. (Currently amended.) The nutritional supplement according to claim 24 wherein said flavoring agent is a sweetener, selected from the group consisting of sweeteners and substances that provide flavor.
31. (Previously presented.) The nutritional supplement according to claim 24 further including at least one ingredient that enhances visual and organoleptic appeal selected from the group consisting of coloring agents, preservatives, thickening agents, thinning agents, and emulsifiers.
32. (Previously presented.) The nutritional supplement according to claim 24 further including at least one antioxidant.
33. (Previously presented.) The nutritional supplement according to claim 24 further including at least one tea selected from the group consisting of tea leaves, tea flavonoids, tea catechins, and tea polyphenols.
34. (Currently amended.) The nutritional supplement according to claim 24 further including at least one ingredient selected from the group consisting of vitamins, minerals, coenzymes, electrolytes, ~~plant derived compounds and synthetic orally absorbable nontoxic compounds~~ botanicals, herbs, and plant compounds such as anthocyanins, anthocyanidins, beta-carotene, bioflavonoids, catechins, carotenoids, curcuma, dandelion root, epicatechins, flavones, flavonoids, flavonols, teas, tea polyphenols, garlic, ginkgo biloba, grape seed, grape skin, green tea, indoles,

isocyanates, isoflavones, isoflavonoids, isoprenoids, lycopene, organosulfur compounds, phenols, phenolic acids, polyphenolic compounds, pycnogenols, resveratrol, silymarin, terpenes, tannins, thiols, and tocopherols (beta, gamma, and delta), and synthetic compounds such as alpha-lipoic acid, coenzyme Q10, n-acetyl-l-cysteine, and organoleptic agents, thickening agents, thinning agents, emulsifiers, coloring agents, preservatives, flavoring agents, sweeteners, stimulants, and orally consumed substances that induce weight loss such as L-carnitine, L-ornithine, L-tyrosine, L-tryptophan, L-phenylalanine, gamma-linolenic acid, chromium, glucose tolerance factor, vanadyl sulfate, Gymnema sylvestre, bromelain, pancreatin, papain, coenzyme Q10, curcumin, barberry, bearberry, Silymarin, Teucrium polium, choline, inositol, human growth hormone, DHEA (dehydroepiandrosterone, caffeine, xanthines, kola nut, yerba mate, medium chain triglycerides, (-)-hydroxycitric Acid (HCA), kelp, lecithin, dihydroxyacetone, pyruvate, creatine, iodine, niacin, bladderwrack, and B vitamins.

35. (Previously presented) The nutritional supplement according to claim 24, further including at least one caloric ingredient selected from the group consisting of carbohydrates, fats, and proteins.
36. (Currently amended.) The nutritional supplement according to claim 24 further including locust bean gum, pectin, green tea, multiantocyanidins, folic acid, pyridoxine, and at least one sweetener, and at least one flavoring agent.
37. (Currently amended) A method of improving the health of a mammal comprising orally administering a nutritional supplement containing at least 7 grams of fiber per serving comprising a mixture guar, oat, and psyllium fibers plus at least one flavoring agent to a mammal at least one time daily whereby consumption results in at least one health benefit achieved by treating at least one medical condition from weight reduction including selected from the group of medical conditions consisting of overweight, obesity, fiber

deficiency, poor nutrition, ~~increasing fiber intake, promoting weight loss, enhancing nutrition, reducing the risk of developing and aiding in the treatment of diet related diseases including~~ insulin resistance, glucose intolerance, diabetes, hypertension, metabolic syndrome, cardiovascular disease, osteoporosis, sleep apnea, constipation, diverticulosis, hemorrhoids, irritable bowel syndrome, and diet-related cancers. ~~aiding in the prevention and treatment of cardiovascular disease, metabolic syndrome, reducing the risk of developing and aiding in the treatment of cardiovascular diseases, improving serum abnormal serum cholesterol, lipids, lipoproteins, lipids, and triglycerides, and homocysteine, reducing cardiovascular inflammation and serum high sensitivity C reactive protein levels, and assisting in limiting absorption of ingested toxins, carcinogens, and heavy metals, and speeding their transit out of the body.~~

38. (Currently amended.) The method according to claim 37, in which at least one edible liquid ~~selected from the group of liquids consisting of zero calorie and calorie containing liquids~~ is admixed to said nutritional supplement of claim 37 in sufficient quantity to create at least an 8 ounce beverage. ~~selected from the group consisting of zero calorie and calorie containing beverages.~~

39. (Currently Amended.) The method according to claim 37, further comprising:

- (a) ~~admixing at least one ingredient to form an edible food product selected from the group of solid and semisolid food products consisting of puddings, snack bars, wafers, and dog bone~~ consuming said nutritional supplement of claim 37 as an edible food product selected from the group consisting of solid and semisolid food products, and
- (b) said edible food product to be accompanied by consumption of sufficient quantity of at least one edible liquid ~~selected from the group of liquids consisting of zero calorie and calorie containing liquids~~ to further hydrate the consumed fiber.

40. (Currently amended) The method according to claim 37, further including admixing at least one edible fiber, ~~selected from the group consisting of soluble, partially soluble, and insoluble fibers.~~

41. (Currently Amended) The method according to claim 37, further including admixing at least one ingredient selected from the group consisting of carbohydrates, fats, proteins, antioxidants, electrolytes, vitamins, minerals, enzymes, coenzymes, electrolytes, ~~plant derived compounds and synthetic orally absorbable nontoxic compounds~~ botanicals, herbs, and plant compounds such as anthocyanins, anthocyanidins, beta-carotene, bioflavonoids, catechins, carotenoids, curcuma, dandelion root, epicatechins, flavones, flavonoids, flavonols, teas, tea polyphenols, garlic, ginkgo biloba, grape seed, grape skin, green tea, indoles, isocyanates, isoflavones, isoflavonoids, isoprenoids, lycopene, organosulfur compounds, phenols, phenolic acids, polyphenolic compounds, pycnogenols, resveratrol, silymarin, terpenes, tannins, thiols, and tocopherols (beta, gamma, and delta), and synthetic compounds such as alpha-lipoic acid, coenzyme Q10, n-acetyl-l-cysteine, and organoleptic agents, thickening agents, thinning agents, emulsifiers, coloring agents, preservatives, flavoring agents, sweeteners, stimulants, and orally consumed substances that induce weight loss such as L-carnitine, L-ornithine, L-tyrosine, L-tryptophan, L-phenylalanine, gamma-linolenic acid, chromium, glucose tolerance factor, vanadyl sulfate, Gymnema sylvestre, bromelain, pancreatin, papain, coenzyme Q10, curcumin, barberry, bearberry, Silymarin, Teucrium polium, choline, inositol, human growth hormone, DHEA (dehydroepiandrosterone, caffeine, xanthines, kola nut, yerbamate, medium chain triglycerides, (-)-hydroxycitric Acid (HCA), kelp, lecithin, dihydroxyacetone, pyruvate, creatine, iodine, niacin, bladderwrack, and B vitamins.

64. (Currently amended) A nutritional supplement for oral administration to a mammal comprising:

- (a) ~~a nutritional composition comprising~~ a mixture of guar, oat, and psyllium, and
- (b) at least one flavoring agent, and
- (c) a final composition containing at least 7 grams of fiber per serving, and
- (d) admixed with at least one edible liquid to create at least an 8 ounce beverage, and
- (e) an orally administered liquid means of delivering a minimum of 7 grams of fiber per serving that can be consumed in beverage form. ~~that does not immediately~~
~~gel.~~

65. (New independent claim.) A method of improving the cardiovascular health of a mammal comprising:

- (a) orally administering a nutritional supplement containing at least 7 grams of fiber per serving comprising a mixture of guar, oat, and psyllium fibers plus at least one flavoring agent to a mammal at least one time daily, and
- (b) consumption of said supplement resulting in at least one health benefit from reducing at least one cardiovascular risk-elevating condition selected from the group of cardiovascular risk-elevating conditions consisting of cardiac inflammation, metabolic syndrome, cardiovascular disease, cerebrovascular disease, peripheral vascular disease, overweight, obesity, fiber deficiency, poor nutrition, insulin resistance, glucose intolerance, diabetes, hypertension, sleep apnea, elevated dietary cholesterol consumption, elevated saturated fat consumption, elevated trans fatty acid consumption, elevated serum lipids, elevated serum lipoproteins, elevated serum total cholesterol, elevated serum LDL cholesterol, elevated serum triglycerides, elevated serum homocysteine, elevated serum high sensitivity C-reactive protein and reduced serum HDL cholesterol.

66. (New dependent claim.) The method according to claim 65, in which at least one edible liquid is admixed to said nutritional supplement of claim 65 in sufficient quantity to create at least an 8 ounce beverage.
67. (New dependent claim.) The method according to claim 65, further comprising:
 - (a) consuming said nutritional supplement of claim 65 as an edible food product selected from the group consisting of solid and semisolid food products, and
 - (b) said edible food product to be accompanied by consumption of sufficient quantity of at least one edible liquid to further hydrate the consumed fiber.
68. (New dependent claim) The method according to claim 65, further including admixing at least one edible fiber.
69. (New dependent claim) The method according to claim 65, further including admixing at least one ingredient selected from the group consisting of carbohydrates, fats, proteins, antioxidants, electrolytes, vitamins, minerals, enzymes, coenzymes, electrolytes, botanicals, herbs, and plant compounds such as anthocyanins, anthocyanidins, beta-carotene, bioflavonoids, catechins, carotenoids, curcuma, dandelion root, epicatechins, flavones, flavonoids, flavonols, teas, tea polyphenols, garlic, ginkgo biloba, grape seed, grape skin, green tea, indoles, isocyanates, isoflavones, isoflavanoids, isoprenoids, lycopene, organosulfur compounds, phenols, phenolic acids, polyphenolic compounds, pycnogenols, resveratrol, silymarin, terpenes, tannins, thiols, and tocopherols (beta, gamma, and delta), and synthetic compounds such as alpha-lipoic acid, coenzyme Q10, n-acetyl-l-cysteine, and organoleptic agents, thickening agents, thinning agents, emulsifiers, coloring agents, preservatives, flavoring agents, sweeteners, stimulants, and orally consumed substances that

induce weight loss such as L-carnitine, L-ornithine, L-tyrosine, L-tryptophan, L-phenylalanine, gamma-linolenic acid, chromium, glucose tolerance factor, vanadyl sulfate, Gymnema sylvestre, bromelain, pancreatin, papain, coenzyme Q10, curcumin, barberry, bearberry, Silymarin, Teucrium polium, choline, inositol, human growth hormone, DHEA (dehydroepiandrosterone, caffeine, xanthines, kola nut, yerbamate, medium chain triglycerides, (-)-hydroxycitric Acid (HCA), kelp, lecithin, dihydroxyacetone, pyruvate, creatine, iodine, niacin, bladderwrack, and B vitamins.

70. (New independent claim) A method of improving the health of a mammal comprising:

- (a) orally administering a nutritional supplement containing at least 7 grams of fiber per serving comprising a mixture guar, oat, and psyllium fibers plus at least one flavoring agent to a mammal at least one time daily and,
- (b) consumption of said supplement resulting in at least one health benefit from reducing said mammals toxin exposure through limiting absorption of toxins by at least one mechanism selected from the group of toxin-absorption-reduction mechanisms consisting of binding to toxins, detoxifying toxins, and speeding toxin transit out of the gastrointestinal tract.

71. (New dependent claim.) The method according to claim 70 in which at least one edible liquid is admixed to said nutritional supplement of claim 70 in sufficient quantity to create at least an 8 ounce beverage.

72. (New dependent claim.) The method according to claim 70 further comprising:

- (a) consuming said nutritional supplement of claim 70 as an edible food product selected from the group consisting of solid and semisolid food products, and
- (b) said edible food product to be accompanied by consumption of sufficient quantity of at least one edible liquid to further hydrate the consumed fiber.

73. (New dependent claim.) The method according to claim 70, further including admixing at least one edible fiber.

74. (New dependent claim.) The method according to claim 70, further including admixing at least one ingredient selected from the group consisting of carbohydrates, fats, proteins, antioxidants, electrolytes, vitamins, minerals, enzymes, coenzymes, electrolytes, botanicals, herbs, and plant compounds such as anthocyanins, anthocyanidins, beta-carotene, bioflavonoids, catechins, carotenoids, curcuma, dandelion root, epicatechins, flavones, flavonoids, flavonols, teas, tea polyphenols, garlic, ginkgo biloba, grape seed, grape skin, green tea, indoles, isocyanates, isoflavones, isoflavonoids, isoprenoids, lycopene, organosulfur compounds, phenols, phenolic acids, polyphenolic compounds, pycnogenols, resveratrol, silymarin, terpenes, tannins, thiols, and tocopherols (beta, gamma, and delta), and synthetic compounds such as alpha-lipoic acid, coenzyme Q10, n-acetyl-l-cysteine, and organoleptic agents, thickening agents, thinning agents, emulsifiers, coloring agents, preservatives, flavoring agents, sweeteners, stimulants, and orally consumed substances that induce weight loss such as L-carnitine, L-ornithine, L-tyrosine, L-tryptophan, L-phenylalanine, gamma-linolenic acid, chromium, glucose tolerance factor, vanadyl sulfate, Gymnema sylvestre, bromelain, pancreatin, papain, coenzyme Q10, curcumin, barberry, bearberry, Silymarin, Teucrium polium, choline, inositol, human growth hormone, DHEA (dehydroepiandrosterone, caffeine, xanthines, kola nut, yerba mate, medium chain triglycerides, (-)-hydroxycitric Acid (HCA), kelp, lecithin, dihydroxyacetone, pyruvate, creatine, iodine, niacin, bladderwrack, and B vitamins.